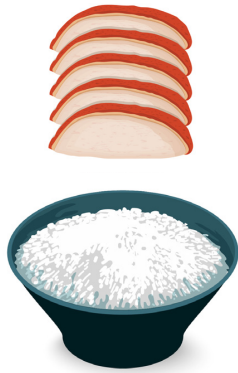


## **POULTRY**



### **Crispy Roasted Duck** with Warm Beet Salad *and* **Duck Fried Rice**

#### **Produce**

Beets, red, 1 ½ pounds  
Dill, fresh, 1 tablespoon  
Garlic, 4 cloves  
Ginger, fresh, 1 (1-inch) piece  
Green onions, 2  
Lemons, 2  
Lime, 1  
Onion, red, ¼

#### **Meat**

Duck, whole, 1 (4- to 5-pounds)

#### **Dairy**

Eggs, 2 large  
Goat cheese, crumbled, 1 ounce (¼ cup)

#### **Frozen Foods**

Peas and carrots, 9.4 ounces (2 cups)

#### **Pantry**

Olive oil, extra-virgin, 3 fluid ounces (¼ plus, 2 tablespoons)  
Rice, white, uncooked, 6.3 ounces (1 cup)  
Sesame oil, 2 teaspoons  
Soy sauce or tamari, 2 tablespoons

#### **Seasonings**

Red pepper flakes, ¼ teaspoon  
Sesame seeds, white, 1 tablespoon